



CENTRAL HYPOTONIA

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Plain Language Summary

Central Hypotonia can be a symptom of an underlying neurological, metabolic, genetic, and/or anatomical problem. It is caused by a problem in the brain. Typically, a baby with Central Hypotonia will feel “floppy” in your arms and their joints will have increased mobility. They often have delays in their motor development. If you are worried that your baby may have Central Hypotonia, seek a physician specialist qualified to assess and recommend an appropriate diagnostic work-up. A pediatric therapist and/or early interventionist is often involved in management and can recommend important strategies to help promote activity and participation and overall development. Interventions that may help children with central hypotonia are those that encourage them to actively move and interact with their environment, coach them and their families but do not passively move their bodies. Activities that most therapists would agree have some benefit and very little risks include tummy time, massage, treadmill, orthotics, active play, exploration and interactions, sometimes with appropriate supports to sit, stand or walk as necessary.

